

UNLOCK YOUR POTENTIAL LIVES UP TO ITS NAME

By Catherine Bond, MFT, LACDMH Director of Empowerment and Advocacy



The first two groups of clients graduated this month from the Los Angeles County Department of Mental Health (LACDMH) Leadership Class, “Unlock Your Potential”, with a celebration of accomplishments and a plan for future growth. “Unlock Your Potential” is a personal development program promoting client leadership designed by Dr. Jim Silva.

Participants graduated by sharing their use of the tools and skills learned in the program and how these affected their lives and their ability to lead themselves and others. As one participant expressed this: “The leadership map helped me get to the root of the reasons I had such difficulty changing.” Another commented: “My potential today has been unlocked because I learned how to really look at myself.” Graduates identified a leadership activity that involved volunteer work, either in LACDMH or in the community.



“Unlock Your Potential” was offered at ENKI in El Monte in Service Area 3 and at Augustus Hawkins in Los Angeles in Service Area 6. Another class is meeting in Service Area 8, and there are two countywide classes currently meeting, one for homeless transition age youth at the Gay and Lesbian Center, and one in Spanish at LACDMH Headquarters.

The program is offered through the LACDMH Empowerment and Advocacy Division with technical assistance from the Program Support Bureau. People who are interested in learning more about this class can contact Dr. Marta Alquijay at malquijay@dmh.lacounty.gov.

